

Dear Parents, Carers and Students,

CREATIVE WRITING COMPETITION

I am delighted to announce the BFS success in the fiercely fought RET Creative Writing Competitions. This is a competition between the five RET schools, standards are very high and this year we have made a real impact!

Congratulations go to Niamh C (Y8) who was highly commended, Martha R (Y11) who came second, and Jacob C (Y10) who was the overall winner! We are all so proud of their achievements, especially the English Department.



Mrs Williams said the students' work was entered into a hugely competitive field across the Trust and to become overall winner and runner-up is an exceptional achievement. Not only were the stories well crafted, but each, in their own way, demonstrated a genuine creative sparkle!

CORONATION OF KING CHARLES III

Next week, we will be preparing students for an important moment in British history; the coronation of Charles III, the next King of the United Kingdom.



This historic event is set to take place on Saturday 6 May 2023. Mrs Jenkins and Year Leaders will be delivering an assembly on the role of the monarchy and the traditions around the coronation ceremony next week. We will also consider the viewpoint of republicans, so our young people can develop their own critical thinking around British Values and our democracy.

Our school canteen will be serving a coronation menu with afternoon tea on Thursday 4 May. It is an excellent opportunity for us to come together and celebrate our culture and heritage.

EXAMS AND INDUSTRIAL ACTION

Aside from these events we have been spending a great deal of time preparing students for upcoming exams. Year 11 and the sixth form all came in yesterday despite the strike and are working very hard for the start of exams on Monday 15 May. Year 10 taking French and Spanish exams were also in school. Year 10 have also been fantastic in their exams this week. Ms Mendez and Mr Fernandes congratulated them on their maturity, focus and hard work. Results will be available before half term and term 6 will be busy responding to their teacher's feedback.

Year 11 and sixth form will have lessons on Tuesday 2 May and the rest of the year groups will be working at home due to ongoing industrial action. Year 10 will focus exclusively on Religion and Philosophy to prepare them for their short course GCSE examination (23rd May). Mrs Steele is sending a letter to you with further information about the structure of the day and resources which students will use at home.

Thank you for your support. I hope you enjoy this week's newsletter and the bank holiday weekend.



MRS S KING

KEY DATES

- Monday 1 May - Bank Holiday
- Tuesday 2 May - Strike Day
- Tuesday 2 May - Y12 Oxford College trip
- Thursday 4 May - Saturday 6 May - Y10 Silver DofE Practice Expedition
- Monday 8 May - Bank Holiday - King Charles' Coronation



BFS CAREERS

MR PARRY

HEAD OF BUSINESS AND CAREERS LEADER

Today we were delighted to host representatives from Hanson group for our Employer Talk about careers in the construction industry.

Hanson UK is a leading supplier of heavy building materials in the construction industry. They produce aggregates (crushed rock, sand and gravel), ready-mixed concrete, asphalt, cement and cement-related materials. They operate around 300 manufacturing sites in the UK and employ over 3,500 people in a wide range of roles from production workers, plant operators, technicians and drivers to sales, IT, engineering and finance managers.

The talk focused on the different employment opportunities at Hanson and the different career progression routes that exist in the organisation. The students were also told about the exciting degree apprenticeship that the company offers. This is a great opportunity where students can work for Hanson and they will also pay for their university degree. For more information, please visit their [website](#).

In addition, [click here](#) for a video of a current apprentice talking about what it is like to be an apprentice at Hanson.

If you would like to work with the school offering employer talks to the students then please get in touch with the Careers Department.



WE'RE HIRING!

We are currently hiring for a variety of roles, teaching and support staff. Please see our current vacancies [here](#) on our website and join the BFS Team!

ATTENDANCE

Please note that term-time holidays are not routinely authorised, unless there are exceptional and unavoidable circumstances.

If you are thinking of booking a term-time holiday, please email admin@bristolfreeschool.org.uk for an Absence Request Form and return it to the same address as soon as possible. Your request will then be considered.

Taking a term-time holiday may result in a Penalty Charge Notice from Bristol City Council. This is currently £60 per child per adult. So, if a two-parent family take three school-aged children on holiday, this would mean that each adult could receive 3 x £60 fines, taking the total penalty cost for the family to £360! This could then be increased, if the fine is not paid promptly or if prosecution is deemed appropriate by the local authority.



MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, *Mental Health & Safeguarding Manager*



Miss Hastings, *Medical and Mental Health Officer*

SPRING CLEAN YOUR MENTAL HEALTH

With the change in season upon us, Spring is a great time to declutter, tidy and get things ready for the outdoor season. Even your Mental Health needs a spring clean, and there is no better time to start!

CREATE A TO-DO LIST

- Create a to-do list of short term and long-term goals that you want to complete
- Reconnect with friends
- Take time to enjoy the little things (a coffee, a 5 min break, some deep breathing)
- Small dreams and big ideas



CONTRIBUTE TO THE COMMUNITY



- Volunteer with a local community group
- Pick up litter in your local neighbourhood
- Take time to wish someone a good day
- Pay it forward with random acts of kindness

RENEW YOUR SPIRIT

- Take up practising yoga or mindfulness / meditation
- Acknowledge thought processes and clear the flow
- Don't sweat the small stuff
- Be aware of your physical and emotional needs



IMPROVE YOUR PHYSICAL HEALTH



- Easier to eat more healthily in the Spring / Summer months
- Walking 3-4 times a week
- Eat dark chocolate instead of other sugary snacks
- Enjoy the light and the weather – get outside more



Kooth is an online **mental wellbeing** community for young people
Here are some of the features young people can access on Kooth:



Magazine

The Kooth magazine shares personal experiences and tips from young people and our Kooth team



Discussion Boards

Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from



Chat

Young people can chat with our helpful team about anything that's on their mind



Daily Journal

Young people can view their daily journal to track feelings or emotions and reflect on how they're doing



Sign up for free at [Kooth.com](https://www.kooth.com)



MENTAL HEALTH & SAFEGUARDING

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Ms Townsend, *Mental Health & Safeguarding Manager*



Miss Hastings, *Medical and Mental Health Officer*



OTR X COEXIST COMMUNITY KITCHEN



If you are 13-17 years old, a young black woman or young woman of colour, if you are interested in cooking food with other people and then gathering around a table to eat what you've made together, then this project is for you.

Each session will look a bit like this:

- 20mins at the beginning to grab a cuppa, have a chat with other participants, or just settle into the space. We'll do a bit of a check-in and make sure everyone has the chance to introduce themselves.
- 2 hours of cooking. The cooking will often be collaborative or in pairs.
- 30mins at the end of the session eating the food around the table as a group with some conversation about how you found the session and what you'd like to cook next time.
- 10mins clear up.

Location
Bristol

Drop-in or Sign-up?
Sign up

Running dates
Monday

Age range
13 - 17

Location
Coexist Community Kitchen,
Studio - Unit 10, Epstein Building,
Mivart St, Easton, Bristol BS5 6JF

Timing
4pm - 7pm

Running dates
Monday 15 May
Monday 22 May
Monday 5 June
Monday 12 June

To see more details and sign up,
click [here](#) or email
lara@otrbristol.org.uk.

WEBINARS FOR YOUNG PEOPLE

HOW TO MANAGE EXAM STRESS

Click [here](#) to watch. Passcode:
N7dqw!=C



HOW TO MANAGE LOW MOOD

Click [here](#) to watch. Passcode:
8u*8j+Nl



HOW TO MANAGE ANXIETY

Click [here](#) to watch. Passcode:
CWuA+2#2





BFS COOKS



YEAR 7 PRACTICAL

MRS CORRIGAN

Year 7 have made focaccia bread last week- the first practical after half term! They have worked hard individually designing their breads and bringing in their individual topping selections. Here are some photos of the process - proving the dough, chopping their vegetables, preparing their designs and their final results.





BFS PHYSICS



MR LALLY

PHYSICS ILLUSION COMPETITION WINNERS!

Over the Easter break, students were challenged to produce an optical illusion using their knowledge of physics. The brief left a lot to the imagination and there were some fantastic entries! There are too many submissions to all be included here but a massive well done (and four house points) go to all entrants!



FIRST PLACE



It was an extremely close call, but first place had to go to Polly in 7TG1 who assembled and tested this infinity mirror. Well done, Polly!

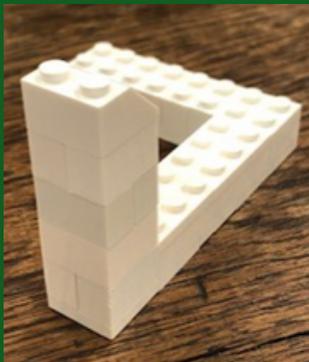


SECOND PLACE



Second place goes to Mark in 9TG6 who created this "tensegrity" structure by finely balancing the forces of weight and tension.

RUNNERS-UP!



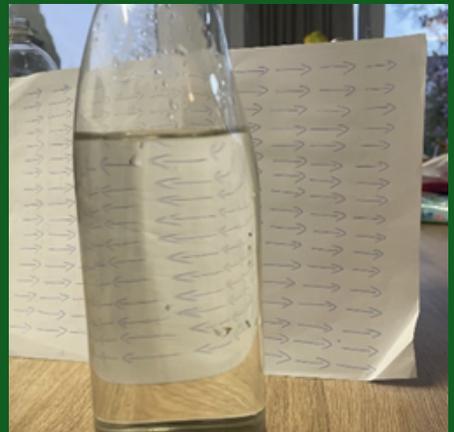
LIBBY
8TG4



JACOB
7TG3



TOBY
8TG2



YAN
10TG3



BFS BIOLOGY



MISS HAWES

BIOLOGY HOUSE COMPETITION



Great British Creature Hunt!



Provide a photo and brief caption, describing the creature you have found, why it is interesting and any other fun facts about it. (up to 100 words). Submit your photo alongside your caption in Word or PDF format to your school – email Miss Hawes at j.hawes@bristolfreeschool.org.uk.



Hints and tips on finding and identifying bugs:

- [Tips for Finding Bugs](#)
- [Identifying a Bug](#)
- [British beetle guide](#)



MR SMITH

STUDENT LEADERSHIP

HOUSE CHARITIES BAKE SALE



Thank you to all those who supported Monday's House Charities Bake Sale - either through baking some very delicious items or through bringing in donations. We sold over 600 individual items and raised a super £294.55 for four excellent charities! Here were the house results:



ASHTON

Ashton House raised **£80.65** for St Peter's Hospice!



CANFORD

Canford House raised **£74.70** for Bristol Black Carers!



DURDHAM

Durdham House raised **£69.73** for RNLI Portishead!



BLAISE

Blaise House raised **£69.47** for Children's Hospice South West!



A special well done to Ashton House who will be receiving a big boost to their house points tally!



MS URCH WELL DONE IMOGEN!

Imogen (9TG6) has been selected to play for Gloucestershire Women's Cricket First Team on Sunday in their match against Dorset, as part of the ECB Women's County Championship. Best of luck Imogen!

Gloucestershire Women vs Dorset Women

ECB Womens County Championship - Group 3
T20 Double Header

Sunday 30 April
Dorchester CC
11:00 & 15:00

Live scoring:
<https://gloscricketfdn.play-cricket.com/Teams/67608>



- Alice
- Lily
- Bhoomika
- Imogen
- Katie
- Charlie
- Charlotte
- Prarthana
- Gabby
- Mollie
- Melissa
- Bea

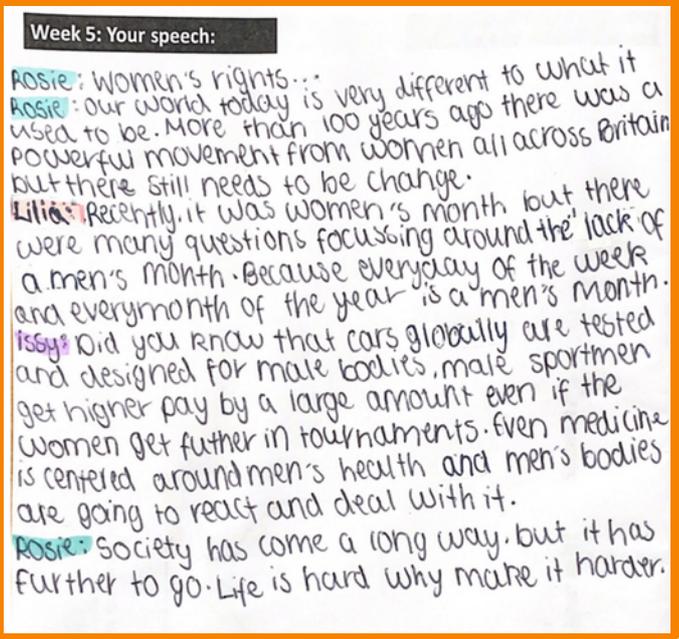


MS LUDWELL

BTS ORACY

ORACY PROJECT

8TG5



For the past few weeks, Year 8 have been taking part in Mrs Corrigan's oracy project: "How could your voice change the world?" The students have spent time in tutor investigating what an effective speech looks and sounds like, researching their own topics of choice, and writing their speeches with support from their tutor.

Finally, the day of performances came around and the students who performed (a number of each tutor group) smashed it out of the park! We were all very impressed with their topic choices, how confidently and passionately they shared their speeches, and using effective techniques to persuade us to agree with them. I believe that we have many candidates for the next Prime Minister in Year 8!

It was a real joy to watch them perform their speeches and the tutor felt like we had learned an abundance of information by 9 am!

Over the coming months students will have an assembly from Robin Jowit OBE, following his visit to Ukraine in January this year. As former Mayor of Richmond and having served as a governor in a local Richmond school for 40 years (currently a governor at Turing House School), Robin has a keen understanding of the value and importance of education. He travelled to Ukraine with the intention of understanding the impact the war is having upon students, their teachers, the schools and young people's education. Robin has already shared his experience with the Sixth Form students at Turing House School.



He showed how the students and teachers live with daily missile alerts, extensive power cuts and how they bravely continue to deliver lessons in powerless bomb shelters and basements. Some of the schools he visited have been bombed and lost classrooms and resources. Some have lost large numbers of students whose families have fled violence and destruction in their hometowns. Other schools have expanded or merged to support students relocating to them from destroyed nurseries, schools and colleges. You can read more about Robin, his visit and his fundraising for Ukrainian schools in this [article](#) in SW Londoner.



Jacqui Kerr reports on one man's quest to see the effects of the war in Ukraine on its children. The daily news images of Ukraine's war-torn towns, the bravery of its soldiers and the desperation of its people conjure up many emotions in us all. For one 85-year-old man, a former Mayor of Richmond, and current governor at Turing House School in Twickenham, they presented a chance to embark on a personal quest. Robin Jowit travelled alone to Ukraine to see what impact the war is having on the children and their education. His main aim was to raise awareness and money to help the pupils.

During his visit – which was self-funded without insurance but with the help of the Rotary of Kew Gardens and Sergii Zavadskii, a fellow Rotarian in Ukraine – he was able to see the plight of children and their teachers. He visited seven schools; those in Kyiv and nearby Boryspil had not suffered any war damage, but for one school in Buzova near Bucha it was a different story – it had received 14 missile hits and had 116 windows blown out. All schools, whether damaged or not, are suffering constant power cuts, which interrupt the children's education. In a life where families and teachers are fleeing the war and some parents and teachers' partners have been killed, a constancy of education is needed to help balance the trauma. Teachers and charities are providing mentoring and psychological assistance. Whilst praising the heroism of the teachers, Robin also recognised a need that he as a Rotarian could try and fulfil and has established a practical and plausible way to help these schools. During the many missile alerts, the only places of refuge are dingy, unlit bunkers so he has prioritised a fundraising scheme to buy batteries to run generators during the power cuts, allowing the children to continue learning. In their war-torn world, learning can help ameliorate what is going on around them outside the school walls, where damaged buildings and destruction confront them at the end of a school day. They are even being trained to be alert to landmines and how they are disguised. Robin is now spending his time visiting schools in the UK to establish links to Ukrainian schools. Together with the Rotary Club of Kew, he is continuing to appeal for funds to help the children of Ukraine. Visit the Rotary Crowdfunder page [here](#).